

EYAK ECHO

CONTRACT HEALTH NEWS

Myra Allen

June 1999

The Native Village of Eyak is encouraging all members to apply for Health Insurance's such as Medicare, Medicaid, Denali Kid Care, Champus or any other Insurance's that apply to you. Cordova Community Hospital/Clinic has raised their rates drastically and in order to provide full Indian Health Care, we must utilize all Health Insurance's and assistance.

If you receive a bill from **PUGET SOUND** or **ALASKA RADIOLOGY**, please submit these bills to the Billing Department at the hospital. **YOU DO NOT NEED TO PAY THE BILL.**



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Dr. Mark Hoss, **Optometrist** from ANMC, will be in Cordova **August 30-September 3, 1999**. If you would like an appointment to see him, please call Myra at the village office 424-7738.

Chugachmiut has monies available for child-care. If you are Alaska Native or American Indian you may qualify for child care services. This money is to pay for childcare in a certified day care or with a provider of your choice. More information is available at the village office, 424-7738 or by contacting Alice Moonin at Chugachmiut 1-800-478-4155. Please call Myra if you have any questions.

FIRST ANNUAL TRADITIONAL NATIVE VILLAGE OF EYAK DAY

Date: August 7th

Time: Noon-4 Craft Tables

5:00 Alutiiq Ikmuit Dancers

6:00 Potlatch

Come one, come all. Celebrate the summer and our tradition. No charge for the craft tables. Contact Belen Cook & Patience Faulkner for more information.

Native Village of Eyak Staff

Executive Director:

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Tribal Health:

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Mary Babic

Altana Olsen

Environment Coord.:

Kate Williams

AmeriCorps Member:

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Housing Coordinator:

Patience Faulkner

Maint./Support Svstem:

Joe Cook

Jerry Makarka

Housing Department News

Patience Andersen Faulkner

I have spent a considerable amount of time on Membership Lists. If you have received this newsletter, you are probably a member. Some family members are bunched together to save postage. I have the membership list and the updated mailing list just about done. The children born after 1989 need to be added from the lists we have at the office. If by chance you've had a child that has been healthy, hasn't joined our youth programs, and is just too quiet, well, that child may be missing on my list. But someone in the office knows about him/her, so, come August this year; check out the list to make sure that I haven't missed anyone in the family.

The reason for the membership list is multifold: the monies that the NVE receives for our health care, our housing programs, our social services, youth programs, depend on how many people we have in each age bracket. So, it is important that we are all counted. The 2000 Census will also officially credit the NVE with certain numbers. So, if someone asks you about your ethnic origin, please stand proud and say you are a member of the Native Village of Eyak!

Hello Everyone,

I wanted to let everyone know how everything went when Joe and I met with Roy and Kim Corral. We spoke with them and communicated through e-mail before they came to Cordova. We had them contact us when they arrived in Cordova. We met with them on Saturday, May 15th, at the Pioneer's Annual King Salmon Feed. They had their first taste of our greatest tasting King Salmon! Roy asked if he could go out fishing with us and we said that would be fine. On May 17th, Monday, at 3:00 a.m., the three of us, our cat, and Roy's equipment took off to the Copper River Flats. Roy went out with us and his wife Kim and son Ben stayed in town to meet with Pam Smith. They spoke to her about being Eyak and sampled her Smoked King Salmon. Kim was also going to speak to Irene Woods, Duner Lankard, and Faye Pahl. Meanwhile out on the Flats, Roy was busy taking pictures of Joe fishing, and inquiring about him being Eyak and the fishing industry. Cookie, our cat, didn't know what to think about

Curriculum Development

Chugachmiut- Participate in meeting, help others, see how other cultural knowledge helps fit in curriculum.

School Teachers-Open mind to new ideas, willing to talk about development on project act, new ways of teaching.

Students- Willingness to learn & interest reaction to lesson.

Local Coordinator-Gathering together group, articulate program, and ask questions that are not known.

Knowledge Experience- History-why it happened the way it was done, How it was done-Animal Knowledge, Physical Techniques, Identifying resources.

Tribal Council-Encouragement, exchange information, listeners to find ideas to replicate, aware of reports, attend meetings.

Parents-Identifying Resources, ideas-where do we go from here.

Meeting Attending-Encouragement, willingness to test activities, help structures and receive positive feedback.

Chugachmiut-Help local coordinators motivate communities and parents to participate.

This is a rough draft on how you can become involved in the Native Education Development. If you have any questions please call the office for Altana.

the whole operation. Their whole family was here until May 21st, and they were able to meet with Monica and Diana Riedel to speak with both of them about being a furrier and Eyak Native, Faye was out of town at the time, so they missed her. They thoroughly enjoyed their stay in Cordova very much and would love to come back. They e-mailed us last week and they in fact were able to speak with Faye Pahl in Anchorage and were planning to speak to Marie Smith as soon as she was feeling better. We also sent them home with a salmon.

Belen M. Cook, Indian Health Service Coordinator

(Eyak will be featured in an book about all of Alaska Native Tribes. It should be out in a year.)

THE PRACTICES OF A GOOD LISTENER

1. Listens in order to understand what is meant, not get ready to reply, contradict, or refute. This is extremely important as a general attitude.
2. Knows that "meaning" involves more than the dictionary definition of the words that are spoken. It involves, among other things, the tone of the voice, facial expressions, body language and the overall behavior of the speaker.
3. Observes, and is careful not to interpret too quickly. Looks for clues as to what the other person is trying to say, putting herself (as best she can) in the speakers shoes, seeing the world as the speaker sees it—whether the listener shares the views or not.
4. Puts aside own views and opinions for the time being. Realizes that one cannot listen to her own inner voice and the same time listen outwardly to the speaker. Is careful not the "jam" her receiving set.
5. Controls impatience, waiting for caller to unfold her story realizing that she may have difficulty finding words to express what happened. The average person speaks about 125 words a minute, but can listen to about 400 words a minute. The effective listener does not jump ahead of the speaker, but gives her time to tell her story. What the speaker will say next may not be what the listener expects her to say.
6. Does not prepare an answer while listening. Waits to get the whole message before deciding what to say in turn. The last sentence of the speaker may give a new slant to what was said before.
7. Show interest and attentiveness. This stimulates the speaker and improves performance.
8. Does not interrupt. Asks questions to secure more information, not to trap the speaker or force her into a corner.
9. Expects the speaker's language to differ from the way she would say the "same thing". Does not quibble about words but tries to get at what is meant.
10. Looks for areas of agreement, not for weak spots to attack with artillery of counter arguments.
11. Listens to all participants, not only those who are on her side.
12. In a particularly difficult discussion she may, before giving an answer, sum up what she understands was meant, checking the accuracy of the summation with the speaker, before attempting to proceed.

Acknowledgement Responses

Acknowledgment responses are brief, one-to-three word statements of nonverbal gestures to demonstrate to another that you are following the conversation. Such responses help the other know he or she is being heard. Examples are: Um-hmmm, Un-huh, I see, Oh, Sure, You betcha!, No fooling!, Right, How about that!, Go on., Really, Yeah, You did, huh?, Yes, Sounds good, Right on!

Interested Silence

A period of active, attentive silence serves as a gentle nudge to the others to move deeper into the conversation. It allows the other time to think and reflect and then comfortably proceed at his or her own pace. Giving the other time in which to experience and explore the feelings that churn up from within, often enables the other to explore his or her feelings at a deeper level. Silence is particularly useful in situations of loss or grief, such as the death of a loved one or a significant personal loss. Appropriate silence is useful in helping the other talk about a difficult problem.

Door-Openers

A "door-opener" is a noncoercive invitation extended to another to talk—an invitation to get started, to say something about what is he thinking or feeling. Door openers typically contain one or more of the following components:

1. A reflection to the other of why you perceive the other is thinking or feeling.
2. An invitation to talk, implying that you are able and willing to take time to listen.

3. Silence to allow the other to initiate communication.
4. Utilization of effective attending behavior.

Some examples of door-openers are: You seem troubled., You sure look excited., Can I be of some help?, How did it go?, How was that for you?, What can I do?, What was that like for you?, How are you feeling now?, Could you tell me more about it?, Could you tell me more about it? Can you give me an example? Could you fill me in a little more about...?, You appear upset about something? You look like things went really well., Can you say more about...?

ALASKA NATIVE HARBOR SEAL COMMISSION

Memo

To: ANHSC BOD, Alternates, CRRC
From: ANHSC
Date: 6-8-99
Re: MMPA Oversight hearing, 1999 Reauthorization

The House Subcommittee on Fisheries (Jim Saxton, (NJ), Chairman) has scheduled "a general oversight hearing, mainly on the implementation of the 1994 amendments, what problems have come up over the past five years and what changes need to be made to the Act (MMPA) to correct problems". The hearing will be on June 29th at 2PM in the Longworth Building in D.C.

The ANHSC Executive Committee has scheduled a trip back there to listen in on the hearings and to meet with NMFS, the Alaska Congressional Delegation and the U.S. Marine Mammal Commission. The purpose of our meetings will be to educate the agency people, about who we are, and why it is important to us to continue our traditional marine mammal harvests. Also, we would like to focus on the recently signed comanagement agreement. Now that we are partners we will need long term funding to carry our key programs such as harvest monitoring and biosampling programs.

Some other issues that we anticipate questions on are:

- ♦
- ♦ Restrictions prior to depletion
- ♦ Funding issues
- ♦ Why was Cook Inlet Belugas allowed to decline to such a level?
- ♦ Expanding the sealing/tagging program to include seals
- ♦ What do we do when hunters refuse to recognize tribal authority
- ♦ Or Commission authority?
- ♦ Agency desires to more clearly define handicrafts
- ♦ Stock assessment and native harvest
- ♦ Exemption from FACA, FWS (U.S. Fish & Wildlife Service) draft proposal

Please call if you have any questions

Monica Riedel
(907) 424-5883

Diabetes Risk Factors

In the past, diabetes was not been a problem among Alaska Natives. However, recently diabetes has been increasing rapidly. The rates have been going up the slowest in the interior, on the north coast and the west coast of Alaska. Diabetes is increasing the fastest in south central and in south east Alaska. It is thought that this is due to changes in diet and exercise.

In the past Native Alaskans ate a subsistence diet and worked very hard. Wood was chopped by hand, travel was by foot or boat (without outboard motors), and most food was obtained by hunting, gathering and fishing. Recently, however, many non-Native foods have been added to the diet. In addition, many people no longer walk but instead use a 4-wheeler, car or truck to get around. Also wood is cut with a chainsaw and boats are powered by outboards. True, these devices have made life easier, however, they have also led to people gaining weight. People also now have more time to do sedentary activities such as watch TV or play computer games.

Diabetes is hard on your body. Over time it can cause problems with your kidneys, eyes, nerves, and circulation. However, if detected early, these problems can be avoided or put off for a long time. This is why it is important for people to get screened for diabetes if they have risk factors for diabetes.

Do you know what your risk factors are for developing diabetes? There are several risk factors that make it more likely that you could become diabetic. These risk factors include; 1) Having a close relative with diabetes (mother, father or grandparent); 2) Being overweight; 3) Gestational diabetes (diabetes during pregnancy).

A person can decrease their risk of diabetes by doing several things. To help prevent diabetes a person can work on their eating. They should eat a variety of foods, eat a diet high in subsistence foods (subsistence foods are very healthy), and eat less

fat. A person should also work on either getting their weight down to recommended levels. A person should also get more active or stay active if they are already doing some form of exercise.

The Native Village of Eyak is participating in a 5 year diabetes prevention grant to help people lose weight and get more active. If you have questions or ideas about diabetes prevention activities, contact Altana Olsen at the tribal office.

Green Cleaning

Water quality is an issue of residents here in Cordova. Small efforts on your behalf can help in the preservation of our water. Store bought cleaners are not always as environmentally safe as natural, organic compounds. Homemade cleaning formulas are inexpensive and likely to be found in your cabinet. A number of substances are combined with vinegar to make formulas, here are some guidelines for popular mixtures.

To vinegar add:

- *baking soda to absorb odors, deodorize, and create a mild abrasive
- *borax to disinfect, deodorize, and stop the growth of mold
- *chalk for mild, nonabrasive cleaner
- *oil to preserve, polish, and shine
- *pumice to remove tough stains or polish surfaces
- *salt for mild abrasive
- *washing soda to cut heavy grease
- *wax to protect and shine

Nuchek

Attending the Chugachmiut Summer Institute at Nuchek was a highlight of my life. The weather was perfect—sunny—and not a mosquito around. The camp has both cabins and large tents, a well equipped cookhouse that turned out great food whether from subsistence or the supermarket, a bath-house with showers, as well as a banya on the beach.

My mother, grandmother, and her parents were born in Nuchek but I had never been there. We left on float planes—Ann Hodnet, Molly Rice, Altana and Barbara Olsen, Mary and Ben Babic, Bob Ladd and I, and in twenty minutes were landing at Nuchek. It is such a spiritual place, I can understand why our ancestors settled there.

There were participants from Seward, Nanwalek (English Bay), Tatitlek, Valdez, Chenega Bay, Port Graham and Seldovia, as well as the Chugachmiut staff, speakers (where "Bid Ed" Gregorieff kept everyone laughing) and for non-speakers where the teachers made learning fun. We also critiqued lesson plans for the various teachers. It was exciting to meet the people from other areas who were friendly, interesting, and had so much knowledge that they were willing to share. I also gained a new appreciation for the work that is being done by the whole group to preserve the language and culture and pass it on to the young people.

After the sessions we had time to hike up to the old cemetery on the bluff overlooking the ocean, walk the beach to look for shells (Barbara Olsen has the sharpest eyes), and learned about various wild plants. We watched Fiona Sawden skillfully skin a seal. She says you use a dull knife so you don't nick the skin. We had seal meat cooked over an open fire one night, and roasted another time. And of course the seal liver was delicious. Jerry O'Brien rendered out the seal fat. It looked just like Wesson oil. They also braided the seal intestines but had not cooked them before I left. They gathered seagull eggs from the large rocks in the bay in front of the camp, always leaving some eggs in each nest, and pried gumboots (or bidarkis) off the rocks, which were shared, eaten both raw and roasted.

Thursday night after dinner we had a huge bonfire on the beach and each village had some sort of entertainment—singing, dancing, and Nick Tanape was most impressive

padding a kayak to the shore dressed in a seal gut parka and beautiful Alutiiq hunting hat that he had made. Climax of the trip for me was at lunch on Friday, my birthday, when my old friends and new friends sang Happy Birthday to me in four languages—English, Aleut, Yupik, and Russian. How fortunate am I!!!

Virginia A. Lacy



Cordova Kids Travel over to Tatitlek for Cultural Heritage Week

By Mary Babic

"Peksulineq" means "a gathering" in Alutiiq. That is what took place in Tatitlek for the Fifth Annual Cultural Heritage Celebration from May 3-7, 1999. Kids ranging from seven to eighteen years from the communities in the Prince William Sound gathered together in the village of Tatitlek. Tatitlek is approximately forty miles northwest of Cordova. The Village sits between Galena Bay and Boulder Bay within the Chugach National Forest. The name Tatitlek in Alutiiq means "Windy Place." There are 90 residents that live in this coastal community year round. Subsistence hunting, fishing and gathering have always been an integral part of Tatitlek's culture and heritage which is why the gathering is in its fifth year of existence.

Our children are able to learn about the history, language, and heritage of our ancestors—the Alutiiqs.

The week was fun-filled with meeting new and old friends. They also had the opportunity to eat traditional Native foods, such as seal meat, herring roe on kelp, braided seal intestines, salmon, halibut, fried bread or "lipuska", and many more delicious dishes.

On Thursday night there was a Talent Show where the children were able to shine on stage. Children lip singing and dancing to the Backstreet Boys, humorous skits, a song about the festival

 performed by the primary group, and other various acts showing our talent from around the region. The residents of Tatitlek made everyone welcome, it was like being at home. Much gratitude goes to the Village of Tatitlek for giving our youth this awesome opportunity to gather together and feel pride in their Native background. Additional thanks go to the Native Village of Eyak for providing transportation and support for everyone so that they were able to attend this wonderful cultural event.

There were many chaperones that also deserve a great deal of thanks. Lois Bockus, Michelle Holom, Peggy McDaniel, Glenorra Allen, David Totemoff, and Altana Olsen.

Thank you all so much for your patience and friendly assistance.

The classes that took place were:

- ♦ Moxivv ulus out of slate rock found on the beach
- ♦ Sewing together teddy bears made out of sea otter
- ♦ Sewing sea otter headbands
- ♦ Beading traditional bone chokers
- ♦ Beading sun catchers
- ♦ Weaving baskets
- ♦ Traditional Alutiiq drumming and dancing
- ♦ Carving snow goggles, masks, and spoons out of wood



David Totemoff proudly showing off his finished teddy bear.

 Featured in the background is the St. Nicholas Russian Orthodox Church while Jessica Babic is beach combing the Tatitlek sands.



Jacob McDaniel from Cordova

Crystal Barr from Valdez is skin sewing her Sea Otter Teddy Bear which was one of the favorite activities during Tatitlek Cultural Week this year.





Pictured at the top of the page was the primary group. Christine Babic is sewing a sea otter teddy bear. Jacob McDaniel skillfully making a bead and bone choker. While Wesley Johnson and Jeff Chappell are posing for the camera making their teddy bears. Cordova Kids pictured on the bottom having a barrel of laughs and enjoying Tatitlek Cultural Week.

THE EYAK ECHO

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*Please submit items
for the Eyak Echo no
later than the second
Monday of the
month.*

Bulk Rate
U.S. Postage
PAID
Cordova, AK
Permit #11

To:



Job News

We have job opportunities for a carpenter or two, to work on our duplex and rental house. We need someone to replace some siding, general repair and also outside painting. Please contact Joe Cook at the office if interested. The work will start between the end of June and

June Birthdays

London Alber	Lance Kompkoff	Cully Ann Thompson
Thomasina Andersen	Mabel Kompkoff	James P. Totemoff
Beverly Babic	Wally Kompkoff	Brianne Webber
Kyle Borodkin	Ashley Kompkoff	
Ryan Brumley	Virginia Lacy	
Dan Burch	Tye Mannings	
Phyllis Day	Daniel McDaniels	
Brian Edmondson	James McDaniels	
John Elisovsky	Galen Mayer	
Julia Gunderson	Paul Mitvitnikoff	
Christine Hopkins	Andrew Nichols	
Axel Janson, Sr.	Bill Perry	
Haley Jeppion	Diana Riedel	
Katia Johner	Eric Skulstad	